



DAY 7

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation. Revel and enjoy the warm honey of your Soul pouring herself into the lost and forgotten places of your womanly body. Celebrate your soul, fortifying and reinvigorating your innocence, inner power and mindfulness. Feel your whole consciousness pour into your earthly body. At the end, repeat today's Mantra.

STEP TWO

Read the notes on the following pages and resource yourself with the two Universal Wisdoms of Presence and Fierce Compassion. Today you are to know you walk with one foot in either Truth, and the centre of your being is your unique expression of this.

You are to be vigilant in tracking your shadow of Self Righteous Anger and any other shadow that rises to enshroud your soul light.

MID-DAY MANTRA PRACTICE : LEARN ONE BY HEART

***At all times I choose to be present and kind
I breathe in my presence, I breathe out my compassion
Today I will love and will not attack
They might be right
In my defencelessness, my safety lies.***

EVENING PRACTICE

Tonight, once again, pour your Soul Light into your body. When complete, review your day and your work with Self-Righteous Anger or any other shadow that might have arrived. Work through the following page and the Five Step Process to help you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

SOUL TRUTH OF COMPASSIONATE FORCE & PRICELESS PRESENCE

Today you are asked to ground yourself in the Universal Wisdom of your Priceless Presence, while planting your other foot powerfully in Compassion.

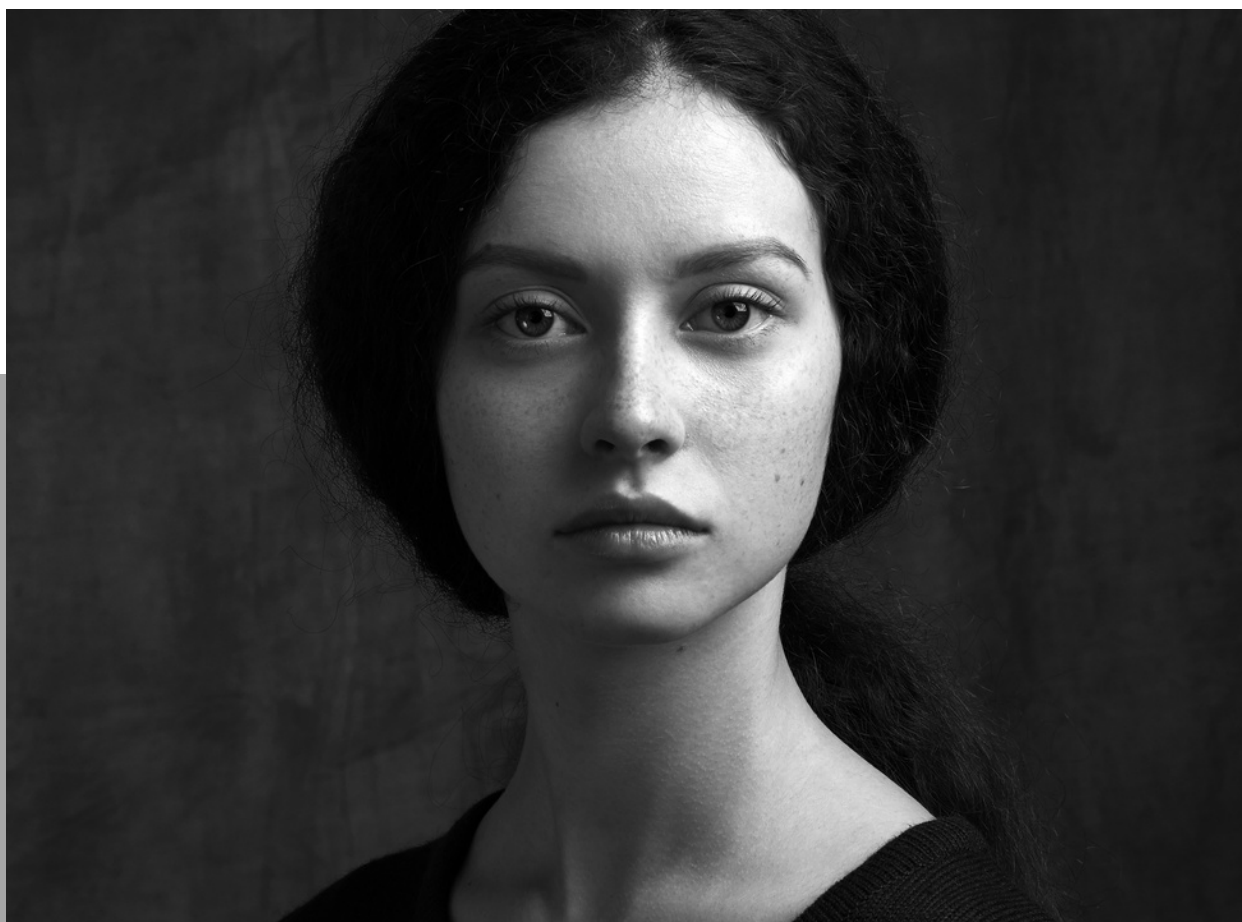
Your presence is your beingness; it's the expression of who you authentically are. The truth of you is priceless; no one else can ever be or do what you do. What if you knew this truth always?

Spiritually speaking, we receive when we give - we learn when we teach and are supported when we take action.

Today you are to live centred on your worth and intrinsic value by acknowledging the worth and value of everyone you see. You are also to love deeper, fiercer and more compassionately than before.

Within you is a template of not only merciful and soft, kindness and compassion. But a love that is firm, clear, empowered and fierce. This love is a type of empathy that includes your conscience and Divine Justice.

How do you know when you love like this? You can love everyone equally, including the one who angers you, and you can powerfully be the love you need in your world. You have found and live from the source of infinite love within yourself.



DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8
DAY 9
DAY 10
DAY 11
DAY 12
DAY 13
DAY 14
DAY 15
DAY 16
DAY 17
DAY 18
DAY 19
DAY 20
DAY 21
DAY 22

SELF RIGHTEOUS ANGER

self cherishing attack mode

What if you don't have to be right? What if the one you have been arguing with is right too?
What if your story is only that, *your story*?

Your task today is to Shadow Dance with your anger. But not just any anger, your Self-Righteous Anger. The place in your shadowlands where you not only believe you are morally superior to another, you also believe you are wiser, more enlightened, more entitled or have the more superior point of view, and you attack another with it, Aggressively, verbally or physically allowing your violence to rain down as if you are entitled to deliver this kind of hell.

Self-Righteousness is an arrogant form of self-cherishing. A behaviour that neglects others while centring on the superiority of ourselves. When mixed with the mindlessness of anger, we create a volatile pattern where we make ourselves the Diva of our own thunderstorm.

Not only does this shadow provide justification for

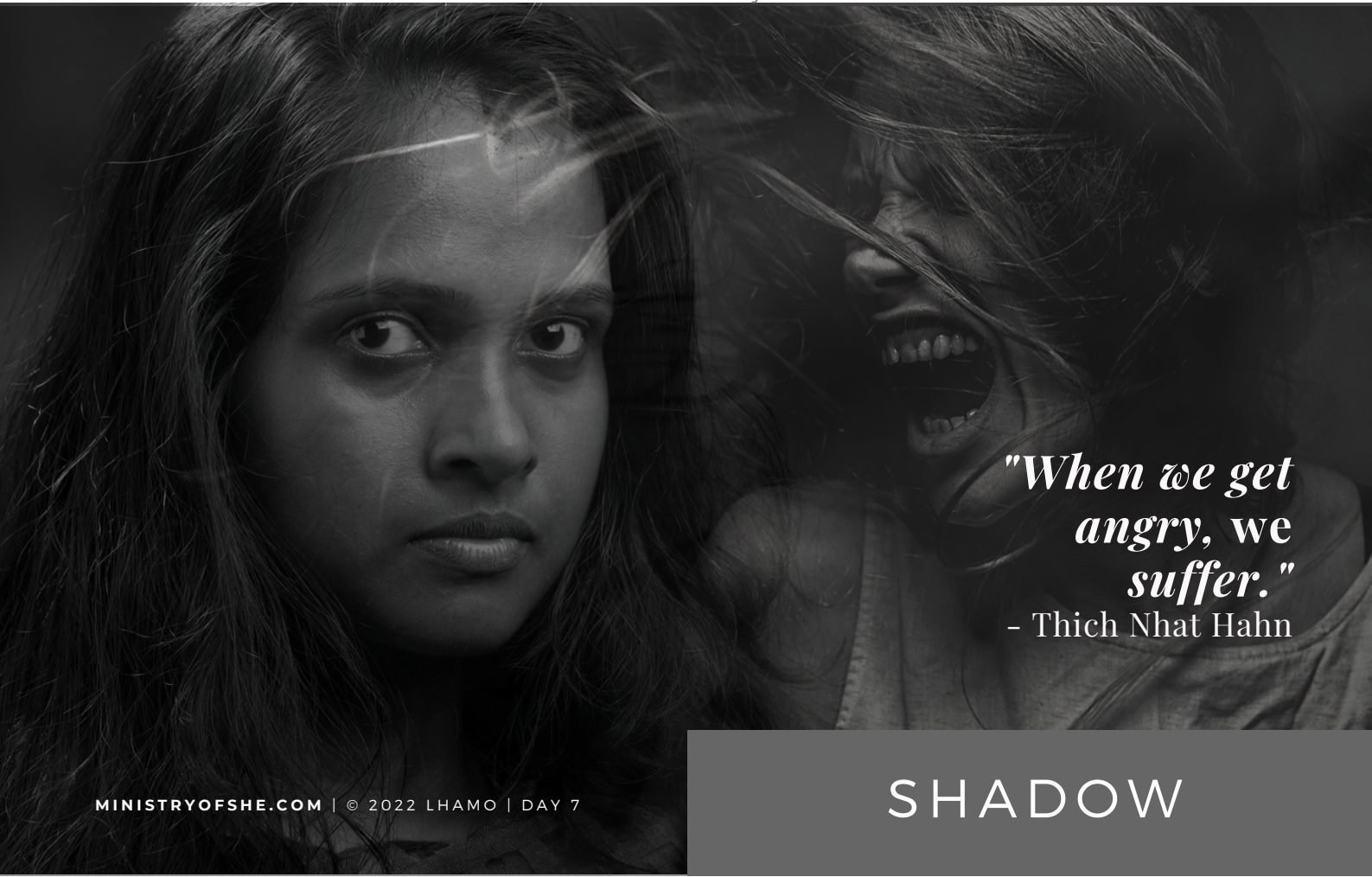
our disdain, it provides an excuse for the hatred and pain we inflict on others.

Today, you are asked to regard your propensity for self-righteous anger with the priceless of your presence. What if you knew, deep within your soul, that you are loved, even if you were wrong? That you are loved even if you weren't perfect? That you are loved even if you made the wrong choice?

Could you give yourself infinite compassion?
Could you give another that compassion too?

Today you are to stand rooted in the pricelessness and uniqueness of everybody while also loving everyone so much that you can protect their innocence if they aren't. You are also invited to use this compassionate force to forgive quickly and thoroughly.

With clear non-reactive presence, you are to compassionately become the difference you need in your world.



*"When we get
angry, we
suffer."
- Thich Nhat Hahn*

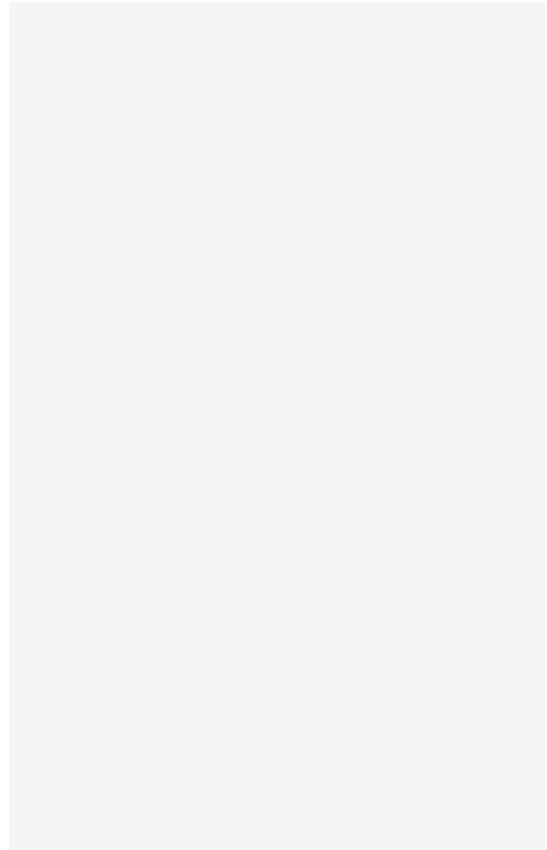
SHADOW THREE

PRESENCE VS SELF RIGHTEOUS ANGER

IN MY BODY ANGER FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN SELF-RIGHTEOUS ANGER ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO HONOUR MY PRESENCE I FEEL ...

